

DECEMBER 2020

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Hello,

As we come to the close of 2020, THANKFULLY, I want to wish everyone a Merry Christmas and a Happy New Year! It's funny how things happen, but I had a very unpleasant encounter with a local dentist a few weeks back, so I decided to put my good buddy George Warga, who is one of the nicest people I know on the cover this month. Obviously, that is not the deciding factor, George is the premier dentist in the area, with ground breaking procedures that make people's lives better!

I have known George since the late 80's when we used to play softball in the Glenview 16" league, one of the best in the area. This is a great story and I'm glad to share it with you. Hopefully, it might even help people who need a great dentist. We are starting a "Holiday Memories" section which I hope will encourage more reader participation in coming years. As I always say, it's your magazine, I'm the steward. Please send in your suggestions for future stories. We also would like to help the Chamber of Commerce welcome



Mike with Dr. George Warga

12 new businesses to the community. Remember to support our local businesses, they are vital to Winnetka and Kenilworth, including my friend Chick Evans at Great Coast Commons who is now open for lunch orders with a great new lunch menu.

Happy Holidays!

Mike Stark,

Publisher

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Meet Dr. George Warga *of Winnetka Dental Arts*

By Paul Clements

Photos by Jerry Alt of Alt Imagery



Dr. George F. Warga is a dentist and so much more. Because he has a very holistic view of his life and his work, he offers patients a unique customer experience that incorporates his passions for education, health, art, philosophy and sound business principles.

Warga's philosophy is heavily influenced by Aristotle's philosophy who not only said happiness depends on ourselves, but also, the whole is more than the sum of its parts and pleasure in the job puts perfection in the work.

"The word doctor means teacher and so my first goal is to educate a patient so they are empowered to make the best treatment choices consistent with their individual needs and circumstances. Building trust and confidence in our treatment is the initial goal of the education process," Warga said. "I practice a patient centered approach to dentistry, versus an approach where everybody gets the same treatment regardless of their uniqueness. There is a variance in the skill, judgment and expertise applied to each procedure and that is dependent upon the individual dentist. There is also a variance in the patient's readiness and understanding for what they want."

Dr. Warga's private practice, Winnetka Dental Arts, has been a fixture in the community since 1992. An emphasis is placed on prosthetics, implants, cosmetics, TMJ, restorative dentistry and occlusal (bite) function. In addition to simple and complex restorative dentistry, Dr. Warga offers at home sleep studies to evaluate sleep apnea and snoring and provides oral appliances in lieu of CPAP, clear braces for orthodontics (Invisalign®, ClearCorrect®) and Botox® for therapeutic TMJ and cosmetic facial treatments. He is a national provider of continuing education programs, he lectures and teaches comprehensive dentistry to numerous organizations nationally and internationally, and he founded Lifetime Functional and Aesthetic Restorations educational study groups in Chicago, Cleveland, Milwaukee and Minneapolis.

Warga credits his approach to one of the foremost innovators in dentistry, Dr. Peter Dawson. Dawson wrote some of the most influential books on dentistry ever written, including *The Complete Dentist*, and his autobiography, *A Better Way - The Surprising Path to a Complete Life*. Dawson was dedicated to helping dental professionals see beyond treating only teeth to address patients' issues with functional, beautiful and long-lasting solutions, as well as to teach them how to lead a happy, balanced life.

"I was thinking about changing my profession after my first three years of dental practice," said Warga, "then I went to a Dawson lecture entitled 'Putting Your Dental Practice in the Top 10%'. That's when I learned that teeth are part of a bigger system. And because there is less competition at the top of the field than there is in the middle, it became clear that investing in myself to learn a holistic approach to dentistry would ultimately develop a significantly more viable and gratifying career. Though it was a large investment of time and expense, I recognized the benefits of reeducating myself as a dentist and as a person. I see less people and do more comprehensive work. Sometimes, the more comprehensive approach can simply mean a greater emphasis is placed on simple preventive care that many patients have not been previously offered."

After attending several years of Dawson's courses, Warga continued his education at the world renowned Pankey Institute for Advanced Dental Training and Education. This curriculum focuses on the technical, behavioral and business aspects of building a thriving practice. Pankey-trained dentists are taught how to treat their patients as individuals, how to do comprehensive examinations, how to take enough time to listen to an individual's needs and answer questions fully, and how to create a practice that reflects their own personal values. Warga has served as a provost and teacher at this not-for-profit institution for more than 20 years including time as

Lead Faculty for week long courses. Through his involvement with the Pankey Institute and as a member of the prestigious American Academy of Restorative Dentistry, Warga interacts with the top international educators on a continual basis and remains abreast on current treatment and technological advances.

“We don’t watch things until they become significant problems. Often, by the time pathology shows up on an x-ray, you’ve probably waited too long. If a patient only calls us repeatedly with emergencies, I do not feel we have done a good job in our education and health mission. We strive to partner with people who want to get healthy which translates into less frequent emergencies. Also, I firmly believe in being punctual out of respect for our patients’ time. We work diligently to be on time and that is more likely to occur when our patient base is healthy and, in turn, has less needs for emergency care. We view our office as a preventive, holistic care facility rather than a trauma center.”

Warga is dedicated to dentistry and first envisioned to be a dentist during grammar school. “I was born in Chicago and I grew up in Glenview. In grammar school, one of my assignments was to interview my neighbors about their careers, and after a number of interviews, it was apparent to me that the happiest people I talked to were dentists. My parents were always very supportive of my career path and I was very fortunate that they always gave me the confidence that I could accomplish anything I set my mind to. Art, creativity, education and community service were values that my parents emphasized in our household. I went to Loyola Academy and had a strong interest in math and science, and with my interest in art, dentistry seemed like an excellent career fit as it combined my interests.”

Eager to accomplish his career goals, Warga graduated in three years from the University of Illinois and after four years of dental school, also at the University of Illinois, he returned to the North Shore and started as an associate for a practice in the Old Orchard Professional Building. Two primary lessons learned from the senior dentist were to be meticulous and to find ways to give back to society.

“More than 10 years ago my office helped launch Pankey Dental Access Days at the Northfield Community Church to provide dental care for people who are less fortunate. Giving back to society and putting others first are an important aspect to creating a balanced life. The Dental Access Days program has continued to grow since its inception and that



has brought me great personal satisfaction. I am very proud of my profession and colleagues who make dentistry available to a broad array of people.”

Warga raised his 3 children in Northfield and was very involved in the community. Over a span of 16 years, Warga served on and

was chairman of the Planning and Zoning Commission, served 2 terms as a village trustee and was very involved in the commercial and residential development of the community. Additionally, Warga was active with the youth sports programs and enjoyed his many years as a coach of his children’s soccer and baseball teams.

“I changed my work schedule to accommodate the children’s school schedules so I could help out at home. I started offering early morning appointments from 7AM and found many patients preferred coming in before work. Ultimately, I realized I was more efficient by working earlier hours. The parents loved having their children on the teams I coached because I would start our practices immediately after school and that saved them one extra round trip. I truly enjoyed the experience of getting to know many of the children in our community.”

Children are also an integral part of his practice. “Oral health starts with physical development in childhood and should be evaluated early on. 80% of brain growth occurs by age 3 and this growth is very dependent upon the airway and oral complex. Development of the jaws and facial structures directly affect the airway development which in turn affects brain development.”

“Tongue posture in early childhood during feeding and swallowing is a primary factor in this structural development. Skeletal studies confirm that since the industrial revolution, facial structures in the

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general population are not often reaching their genetic potential in growth. Hence, in industrialized civilizations, it is now common for people to have inadequate airway and sinus development.”

“My message is that many professional health care providers are not adequately evaluating airway competency during this early childhood development. Signs of recognizing these structural deficiencies are crowding of teeth, development of an overbite, labored breathing, mouth breathing, poor sleep patterns, teeth grinding, snoring, allergies, asthma, sinus congestion, hyperactivity and ADHD amongst a number of other maladies. The earlier the structural deficiencies can be addressed, the more successful are the outcomes for a healthy life.”

“So what changed as we industrialized our lives? The simple answer is that we changed our feeding habits and food supply. We do not see crowding of teeth approximately 400 years ago. As breastfeeding was reduced, we see an increase in the incidence of diminished oral and sinus skeletal growth and thereby an increased occurrence of deficient airway development. The combination of an underdeveloped airway with a modern American diet lacking in nutrition creates an unhealthy person. Our predominant farming practices have produced less healthy food that initiate inflammatory responses in our bodies and are disruptive to our gut microbiome. This diet induced inflammatory cascade contributes to breathing disorders which in turn compromises healthy sleep patterns.



Poor sleep increases adrenaline and cortisol production which can lead to obesity, diabetes, heart disease and other inflammatory diseases and a compromised immune system. With today’s threat of Covid-19, many people are trying to strengthen their immune systems. Because of these intimate relationships between oral development, airway, and nutrition, my practice takes a holistic approach to evaluate these parameters in individuals from childhood through adult life.”

“Studying the temporal mandibular joint complex (TMJ) was my first thrust into developing a comprehensive treatment philosophy. This evaluation is to determine where the jaw seats at rest, similarly as to how a door is seated on its hinges. If the door fits into the door frame properly, the door, frame and hinges will have a longer useful life. Conversely, if there is a misfit of the door and frame or some deficiency in integrity of the hinge, the door, frame and hinge assembly will have a shortened lifespan when used more frequently. The lower jaw is analogous to the door, the upper jaw is analogous to the door frame and the jaw joint is analogous to the door hinge. Hence, when these components fit properly, people experience more comfort and longer lasting teeth similarly to the door analogy. When the teeth no longer have a proper fit, the components of the system start breaking down. The misfit of the teeth can be induced by orthodontic treatment and restorative dentistry such as crowns, implants and fillings. Coming back full circle to the early airway development, we now know that



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people who have compromised airways grind their teeth more often. Grinding of teeth (bruxism) projects the jaw forward to open your airway and is a natural adaptive survival mechanism. That's the magical link. Most people who grind their teeth have a compromised airway and hence apnea. If you subscribe to having periodic physical examinations by your physician, I would advise you have a home sleep test study as well. Our practice's holistic approach incorporates partnering with a third party to provide and simplify the means to do a home sleep study. If needed, we then collaborate with other specialists such as an ENT to develop a treatment course. We have found that many people who were prescribed a CPAP prefer and respond better to our customized oral appliances. I recommend all patients to consider doing at home sleep studies because it is estimated 80% of people with moderate to severe obstructive sleep apnea are undiagnosed and 26% of the population from ages 30-70 suffer from sleep apnea."

If you are considering corrective or cosmetic dental work, Warga says, "dentistry is more than a cosmetic finish- it is very involved in precision and workmanship. Why does a Swiss watch last so long? Because it is machined with precision. When you are getting dental work done, ask yourself how long do you want it to last and how do you expect them to look after a period of time? Form follows function and vice versa. When teeth do not function properly after an esthetic enhancement, whether it be from cosmetic dentistry or orthodontic treatment, the teeth and appearance will ultimately deteriorate. Signs that your teeth are not functioning correctly are migration and chipping of teeth and headaches and jaw pain. To predictably achieve naturally beautiful restorative outcomes that have proper function to ensure longevity, I personally design and create a set of prototype teeth. The patient can

evaluate these customized teeth and have any desired modifications for esthetic and functional needs. Once the prototypes meet the patient approval, we utilize 3-D scanning technology to communicate with a master laboratory technician to finish the restorations. Many dental offices commonly recommend using zirconia for crowns and restorations but I do not usually recommend the use of this material. Zirconia restorations are cost efficient in the short term but due to their hardness, they can readily damage the teeth they function against and lead to undesirable damage to other teeth. My preference is to work with individual master technicians who have the technical and artistic skills to apply ceramic finishes over gold castings for the posterior teeth and gentler ceramic materials bonded to the anterior teeth. I also use a digital 3D scanner rather than traditional dental impressions so we can work in a more precise and highly magnified virtual environment. Utilizing a combination of state of the art technology with precise workmanship, we can confidently provide dentistry that will prove to be a worthwhile investment over time. After 35 years of practice, I am as energetic and excited as ever for being able to partner with patients who are seeking to improve or maintain their health. I believe my practice will continue to evolve as more is known about how our oral health is intimately involved with our general health. All questions and inquiries are welcome and we offer initial consultations at no fee." 

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"First Things First, Get the Champagne"

~ Winston Churchill, 1931

By Mick Ter Harr, Beverage Director, Schaefer's Wine, Food & Spirits



Who doesn't love it? Winston Churchill reportedly drank 42,000 bottles of Pol Roger in his lifetime. That's 2 bottles a day, on average.

Indeed, the pop of a Champagne or "sparkler" cork adds a touch of glamour to any special event and extra liveliness to the holidays. Do you feel overwhelmed by so many choices? Fear not, we are here to help navigate the aisles and impress your company.

First, some basics. Champagne comes from the "eponymous" French region, everything else is "sparkling wine". And while there are several methods by which either of these are produced, the majority of wineries use the Methode Champenoise (Traditional Method) or, alternatively, the Tank Method.

In the **Traditional Method**, a still wine, after adding sugar and yeast, will go through a secondary fermentation, while bottled, in order to carbonate. Several months of aging follows. In the **Tank Method**, yes, the wine is co-mingled in a large tank with sugar and yeast mixture to create the requisite bubbled CO2. The wine is quickly bottled, without aging.

Traditional Method sparkling wines will have 5-7 atmospheres of pressure or 75-99 psi. They have a rich mouthfeel and can be stored for several years. Wines undergoing the Tank Method will have 2-4 atmospheres or 30-60 psi. This process is common for Prosecco or Lambrusco wines. They are lighter and fresher on the palate and are not intending for a lengthy hold.

While hosting your COVID friendly holiday event, you don't need to break-the-bank with bubbles. Two of our best-selling sparklers, **Louis Bouillot Blanc de Blancs Brut** and their **Brut Rosé**, are both under \$20. The classic French packaging may look expensive, but these budget-friendly sparklers from Burgundy (yes, France, but not Champagne) are great values. When larger events return, they are great for a budget conscious host.

The **Perelada "Stars" Reserva 2016**, at roughly the same price, is a delicious way to kick off your family's holiday feast. Robust,

toasty aromas are reminiscent of its more expensive cousin from Champagne. Or, if you're looking for something different, try **Tapiz Sparkling Torrontes**. From

Argentina, the land that put Malbec on the map, this bubbly has great tropical flavors, like grapefruit. Think of it as a New Zealand Sauvignon Blanc with a kick!

If you're toasting at midnight with "true" Champagne why not start the New Year with something a little special? Try the **Billcart-Salmon Brut Rose** at around \$80. As our Beverage Director Mick says, "If I was only allowed to have one Champagne wine ever again, this would be the one!"

And for that classic holiday brunch the next morning, we suggest Bellinis, Mimosas and spritzes made with Prosecco. It has a fresher, fruitier taste that enhances these sorts of gatherings. Two of our favorites are the **Gambino Prosecco** and **Syltbar II Concerto Prosecco**.

Whether you choose to serve Champagne or sparkling wine, remember, because they are low in alcohol, you won't feel guilty when reaching for a second glass. Best of all, Champagnes and sparkling wines pair beautifully with just about anything. The crisp acidity and cleansing bubbles will keep your tastebuds popping throughout the Holiday Season and into a "better" 2021!

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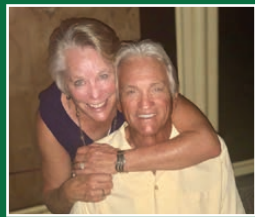


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Holiday Memories

This is my favorite column. Every year I am looking for people to share their childhood memories of growing up in Winnetka and Kenilworth during the holidays. I am from Lake Forest and my favorite memory is going down to Highland Park to see Santa coming in on a helicopter during the 70's and visiting him in his little cottage on the northwest corner of Central and St Johns. All kids, naughty or nice received a candy cane. I invite all who are interested to reach out with your stories for next year's December issue. It's never too soon to send them in. Merry Christmas and Happy Hanukkah.

~Mike Stark



My husband of 50 years, Jay, and me



1956 Lee (6), Nancy (4), Betsy (3), Mary (1)



1958 Top: Mary & Lee
Bottom: Betsy & Nancy

Living and growing up on Pine Tree Lane in the very northwest house of Winnetka was an experience I wish every child might have had! As the eldest of four girls and the children of two Winnetka natives (Beth & Steve Rothermel), we went to the same schools (Hubbard Woods, Skokie and New Trier they were called then) as our parents, and had both sets of grandparents (Mary & George Dovenmuehle and Tess & Bill Rothermel) along with a contingent of aunts, uncles and cousins living in Winnetka as well.

We had the run of the neighborhood at the far end of Asbury Avenue, and also of the Skokie lagoons which were practically in our backyard. There were dozens of kids in our neighborhood, all the products of the post WWII baby boom, so finding someone with whom to play was never an issue. After school hours and summer days were filled with Kick the Can, Red Rover, Capture the Flag, Tag, Hide & Seek, Red Light/Green Light, and any other games or plays we invented including elaborate costumes pulled from the costume boxes in every home.

The favorite neighborhood holiday tradition was a visit from Santa the Saturday prior to Christmas. All the families in the neighborhood gathered for donuts and hot chocolate (in

retrospect, I think there may have been adult beverages involved, too) in the garage and on the driveway at one of the more centrally-located homes in our 5 block neighborhood. From an old radio, tinny-sounding Christmas carols would play, and while we waited in wild anticipation, we made snowmen, had snowball fights and pulled each other on sleds. Soon, we would hear sleigh bells and around the corner would come a long, bright red Cadillac convertible, top down, honking its horn and carrying jolly old Santa sitting on the back with a sack full of gifts! The car would glide to a stop at the end of the driveway, and Santa would stand up with a loud "Ho, ho, ho", calling each child's name as he drew colorfully wrapped packages from his sack. Every kid received a gift and the shouts of glee upon opening them were deafening. Unlike today where holiday shopping and decorating begins at the end of September, that little Saturday tradition signaled the true beginning of the holiday season! ❄️

~Lee Rothermel Clancey



Kenilworth Christmas in Kodachrome

"How come Santa's wearing Daddy's shoes?" I remember asking Mom one Christmas when I was little. Well, I finally figured that one out a few years later. Each year Dad took out his Santa Claus suit from a box way back in the closet, put white powder on his eyebrows, and loaded the gifts under the tree for my sister, Nancy, and me. (I still have the suit in the original box.)

We had a cathedral ceiling in our Park Drive living room, so the tree was super-tall. I loved how the snow piled up on the ledges outside the stained glass windows. Often at night, I'd turn off the lamps in the living room, lie down on the floor under the tree, and just take in the magic of the lights, tinsel and sparkling ornaments we'd covered our tree with.

We invited friends over, too, on Christmas Day to open more presents and share in our toys and games. Mr. and Mrs. Shaw from next door came over with Par and Mary, while I invited Sally Sugden Jesse from Briar Street, and my sister invited Nancy Nicholson. Peggy Spier from Briar also came over one year.

I remember the Monopoly set, the Lie Detector board game, Barbie doll, Lionel train, stuffed animals, records, Raggedy Anne dolls, Betty Crocker's Cookbook for Boys and Girls. I got an Erector Set one year, which I still have and proudly display in my living room!

Dad and Mom, both gone many years now, documented every moment of our lives in blazing-color Kodachrome, and decades later Mom wrote the date and location on each slide. You know how you have a vague memory of a Christmas, or anything, for that matter, from your childhood? I'm so grateful for the slides – they show context, detail, relationships, emotion — things I never would have recalled or even known about. With these, I miss even more the charmed Christmases of my childhood in Kenilworth. ❄️

~Susanne Houfek





A One Stop Shop for Your Pet's Needs...

By Francine Barnes



Started by Jim and Doris Cocallas, Carriage Hill Kennels has been family owned and operated since 1961! They have since passed away and the business is now run by their children, Francine Barnes and Chris Cocallas as well as their children, Bob Barnes and Jimmy Cocallas making it a third-generation family business!

Carriage Hill Kennels offers a variety of services to suit your pet's needs. Boarding for dogs and cats, grooming, training, swimming, and day care. The pool is an indoor heated chlorine free, zero depth pool for your furry friend to swim in. You can drop your dog off for the day where it will swim with other dogs for thirty minutes or you can schedule a private lesson where you hang out on the deck while your dog enjoys a swim.

A new service that we are very excited to announce is our DOGGY DAY CARE! Busy at work? Or have errands to run? Drop your dog off for a day of tail waggin' fun with other dogs. The pups absolutely love it and we are very excited to be able to provide something our customers have wanted for so long.

Winners of the 2020 North Shore Choice Awards for 'Best Groomer' we offer haircuts, baths and nail trimmings for dogs!

Another service that has absolutely sky rocketed is our Dog Training. We have programs for puppies as well as grown dogs and the results have been tremendous! Jim Cocallas started training dogs in 1961 and three generations later, his grandson, Jimmy Cocallas has filled his shoes. Something that we preach is, "A well trained dog starts with a well-trained owner!" and our goal here at Carriage Hill Kennels is to educate you on how to be that well trained owner we speak of.

Please contact us at 847-724-0270 or info@carriagehillkennels.com.

Cold-Weather Pet Tips

People who live in areas experiencing cold weather and winter storms need to take extra precautions to keep their animals safe. Pets left to fend for themselves in cold weather are susceptible to injury

and death. Here are some simple tips from American Humane and its legendary Red Star™ Animal Emergency Services team:

Be Prepared

Plan ahead and pay attention to cold-weather warnings.

Unless significant power outages are experienced, most cold-weather episodes and winter storms are "shelter in place" events, so pet care needs should be planned for in the home. Keep your pet preparedness kit well-stocked and ready — in a winter storm, you may not be able to leave your home for several days.

Leave your pets' coats a little longer in the winter to provide more warmth. That summer "short cut" from your groomer should be avoided during cold weather. If you have short-haired breeds, consider getting them a coat or sweater that covers them from neck to tail and around the abdomen.

Winter Pet Care

When you bathe your dogs in cold weather, make sure they are completely dry before taking them outside for a romp or walk.

When walking your dogs during bad weather, keep them on leash. It's easier for a dog to become lost in winter storm conditions — more dogs are lost during the winter than during any other season. (And don't forget to microchip and put ID tags on your dogs and cats!)

Leash your pets if you have frozen ponds, lakes or rivers nearby, as loose pets can break through ice and quickly succumb to hypothermia before trained ice-rescue personnel can arrive. Never try an ice rescue of a pet yourself — leave that to trained professionals.

When you are working on housebreaking your new puppy, remember that puppies are more susceptible to cold than are adult dogs. In cold conditions or bad weather, you may need to opt for paper training your new pet rather than taking the pup outside.

Keep your pets inside, both during the day and night. Just because they have fur doesn't mean they can withstand cold temperatures.

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If dogs are left outside, they should have a draft-free shelter large enough to stand and turn around in, yet small enough to retain body heat. Use a layer of straw or other bedding material to help insulate them against the cold. Make sure the entrance to the shelter faces away from the direction of incoming wind and snow.

Keep your cats indoors. Cats can freeze in cold weather without shelter. Sometimes cats left outdoors in cold weather seek shelter and heat under the hoods of automobiles and are injured or killed when the ignition is turned on. Banging loudly on the hood of your car a few times before starting the engine will help avoid a tragic situation. (This is true for wild animals in cold weather as well).

When taking your pets out for a bathroom break, stay with them. If it's too cold for you to stand outside, it is probably also too cold for your pets.

Precautions for Outdoor Pets

If your pet is outside during cold weather:

Remember that staying warm requires extra calories. Outdoor animals typically need more calories in the winter, so feed them accordingly when the temperature drops. Talk to your veterinarian for advice on a proper diet.

Watch your pet's outside fresh-water bowl. If it is not heated, you may need to refresh it more often as it freezes in cold weather.

Salt and de-icers: Many pets like to go outside to romp and stomp in the snow, but many people use powerful salt and chemicals on their sidewalks to combat ice buildup. Thoroughly clean your pets' paws, legs and abdomen after they have been outside, to prevent ingestion of toxic substances and to prevent their pads from becoming dry and irritated. Signs of toxic ingestion include excessive drooling, vomiting and depression.

Ice and snow: When you let your pets in from a walk or a romp outside, make sure to wipe their paws and undersides — get those ice balls off as soon as possible, as they can cause frostbite. After being outside, check your pets' paws, ears and tail for frostbite. Frostbitten skin usually appears pale or gray and can be treated by wrapping the area in a dry towel to gradually warm the area. Check with your veterinarian if you suspect frostbite.

Use nontoxic antifreeze. Antifreeze is great-tasting to pets, but even a very small amount ingested can be deadly. Look for "safe" nontoxic antifreeze, consider using products that contain propylene glycol rather than ethylene glycol, and make sure all spills are cleaned up immediately and thoroughly. Contact your veterinarian immediately if you suspect your pets have ingested any antifreeze! ❗

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Reaching Victims of Domestic Violence through a Banana Bread Recipe

By Paul Clements

October was domestic violence awareness month, and in 2020, the topic is more important than ever. The pandemic and related stresses have exacerbated already difficult situations and the isolation of stay-at-home and social distancing can increase the risk of violence in the home. To help connect seekers with information, Vernon Area Public Library partnered with the pro-bono legal team at North Suburban Legal Aid Clinic (“the Clinic”) to develop the website at BananaBreadHelp.com. The web address “BananaBreadHelp.com” does not suggest that it is a website full of resources related to domestic violence, and that is the point. The website is “in disguise” as a recipe blog to provide a way for people to learn about domestic violence and resources for help without leaving an obvious digital trace.

“With immigration and housing, we can publicize meetings and hold ‘know your rights’ presentations, but that’s not something we could do with domestic violence,” said Rebecca Weininger, Director of the Domestic Violence Law Practice at the Clinic. “So, I decided to put together some very short videos and partnered with the Vernon Area Public Library. We thought it would be sort of a prototype and did five videos, but the response has been overwhelmingly positive. Incidents have gone up exponentially and reports have gone down, but now they can get information in a non-threatening way and on their own time.”

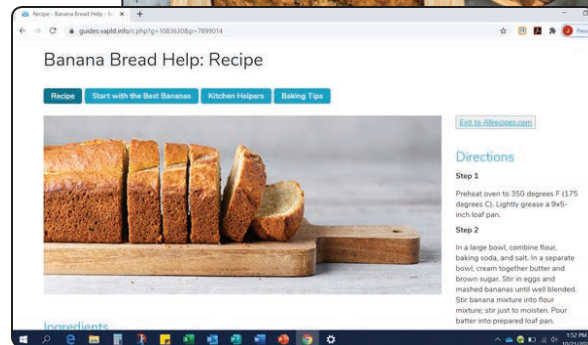
The short videos provide a quick overview of how to identify domestic violence, preparing to leave an abusive relationship, and specific protections that may be available for immigrants who are survivors of crimes including domestic violence. The videos are closed-captioned so they can be watched without sound for extra discretion.

“Domestic abuse is a prevalent issue facing every community. This year is quite unique as we all know COVID-19 has had a significant impact on those harmed by domestic violence and by extension the work that we do to address this issue in our communities and support survivors. We have seen a 44 percent increase in cases with no end in sight. Friends, family, and individuals can help victims by knowing the signs and services available,” stated North Suburban Legal Aid Clinic Executive Director Susan Shulman. “We are grateful for the partnership of Vernon Area Public Library and appreciate that they share our vision and have stepped up in such an enormous way to help us reach those in need.”

BananaBreadHelp.com also includes information about a topic that is important for everyone to know: the Violence at Home Signal for Help. The Signal for Help was developed in April 2020 by the Canadian Women’s Foundation as a tool to combat the rise in domestic violence cases arising from pandemic-related stress. The signal is a one-handed gesture that can be used discreetly on a video call or in person to indicate that a person is in an unsafe situation and needs assistance.

The Signal for Help video inspired the website’s “disguise.” In the video, a woman covertly makes the Signal for Help hand gesture while she asks her friend about a banana bread recipe.

“She’s reaching out to her friend for help, but all her abuser hears is a discussion about banana bread,” said library spokesperson Catherine Savage. “Just as banana bread did not raise a red flag in the video, the web address ‘BananaBreadHelp.com’ does not stir any suspicion if an abuser sees it in a web history. And it’s just weird enough to be memorable without writing down.”



Executive Director Susan Shulman from the Clinic added a final point that she hopes everyone will remember: “You are not alone. Help is available.”

Individuals wishing to learn more about domestic violence help and allyship are encouraged to visit BananaBreadHelp.com. Agencies and organizations with questions about the program or wishing to disseminate these materials through their own channels should contact the Clinic at 1-847-737-4042 or info@NSLegalaid.org.

“We are pleased to report that the number of visits to the website is in the thousands as is the social media reach,” said Weininger. “The numbers give us enormous hope that we are reaching people in need and those who want to help them. We encourage the public to share from our posts. Our communications director, Alyssa Knoble has done a tremendous job of getting this information out about this website. Reaching the most people possible is how we save lives. Asking people to follow up to their networks, it’s been so impressive.”

Here are the handles:

<https://www.facebook.com/NorthSuburbanLegalAid>

<https://twitter.com/NSuburbanLegal>

<https://www.instagram.com/nslegalaid/?hl=en>

https://www.youtube.com/channel/UCsSCdbltYAF9v0_16uFArtw

“It’s the people that don’t know about us that keeps me awake at night, their incredible suffering and their incredible bravery,” said Weininger. “I will always be here for them day or night, I will do anything that helps someone know that they have hope and that I am willing to fight for them.”

Kenilworth New Past 30 Days

163 Abingdon Ave \$2,095,000

Kenilworth Sold Past 30 Days

538 Exmoor Rd \$867,500
 300 Warwick Rd. \$1,500,000
 220 Warwick Rd. \$1,735,000
 423 Abbotsford Rd. \$1,770,000
 515 Essex Rd \$2,175,000
 534 Essex Rd \$2,550,000
 307 Melrose Ave \$2,700,000
 612 Warwick Rd. \$2,800,000
 414 Warwick Rd. \$3,460,000

Winnetka New Past 30 Days

259 Church Rd \$619,000
 288 Auburn Ave \$849,000

Winnetka Sold Past 30 Days

261 Wilson St \$560,000
 1235 Asbury Ave \$580,000
 955 Willow Rd. \$600,000
 1070 Willow Rd. \$655,000
 329 Rosewood Ave \$700,000
 956 Vernon Ave \$725,000
 382 Fairview Ave \$730,000
 1229 Forest Glen \$752,000
 201 Linden St. \$825,000
 860 Bell Ln \$850,000
 822 Humboldt Ave \$907,000
 902 Cherry St. \$924,500
 781 Walden Rd \$975,000
 418 Ridge Ave. \$990,000
 1108 Spruce St \$1,035,000
 275 Auburn Ave \$1,100,000
 956 Westmoor Rd. \$1,145,000
 265 White Oak Ln. \$1,200,000
 111 Apple Tree Rd. \$1,245,000

1225 Spruce St \$2,345,000

1180 Whitebridge Hill Rd . . \$1,275,000
 328 Linden St \$1,290,000
 1350 Trapp Ln. \$1,320,000
 475 Ash St \$1,400,000
 1078 Spruce St \$1,449,000
 1045 Sheridan Rd. \$1,499,000
 452 Sunset Rd \$1,569,900
 811 Sunset Rd \$1,575,000
 1041 St. \$1,575,000
 650 Walden Rd \$1,600,000
 109 Woodley Rd. \$1,725,000
 38 Indian Hill Rd \$2,095,000
 120 Woodley Rd. \$2,200,000
 519 Willow Rd. \$3,250,000
 865 Gordon Ter \$3,400,000
 13 Woodley Rd \$3,750,000
 151 Sheridan Rd \$6,500,000
 203 Sheridan Rd \$9,500,000



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GIVING BACK FOR THE HOLIDAYS

Please join us in showing your gratitude this holiday season by supporting our Toys for Tots and food donation drives to benefit New Trier Township.

Food pantry needs are as follows: brown or white rice, canned fruit, laundry detergent, cookies, crackers, granola bars, pasta sauce, paper goods. **Toys for Tots:** any new unwrapped toy.

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Get Your Holidays On

By Vera Holroyd | Photo by Liz Lauren

December

December, typically the most wonderful month of the year, will be different for most of us now. But luckily, COVID or not, there are still plenty of ways to safely enjoy the holiday season and ring into the New Year (which most of us can't wait to do).

ZooLights at the Lincoln Park Zoo are a holiday must in Chicago. The exhibit opens on November 21 and runs through January 3 (note: this year there is a \$5 fee to support wildlife and preservation, but there are five free nights offered). In addition to the regular ZooLights admission, guests can get tickets for Adults Night Out on December 10 (with mulled wine, beer or hot chocolate available for purchase) and The Chris White Trio tribute to A Charlie Brown Christmas tribute concert on December 13. More info at <http://www.LPZoo.org>.

On the North Shore, you can enjoy holiday magic at the Chicago Botanic Garden, which is hosting **Lightscape**, their annual display of festive lights set along a one-mile path. This after-dark experience features a series of installations to explore, including the famous 110-foot tunnel made up of 100,000 lights and a group of trees covered in bulbs "singing" holiday songs. One-way traffic and other safety precautions will be put in place this year for the safety of all patrons.

Another great way to get out and safely enjoy the magic of the holidays with the family is to book a **private Holiday Lights Trolley or Bus Tour**. Aries Charter lets you select an affordable, customized tour package that fits your group size and budget. Allow them to drive while you enjoy the festive light displays; the route and number of stops are up to you. A unique and safe alternative to make the holidays brighter!

No holiday season is complete without holiday theater. Luckily, there are a number of productions from Chicago theaters to choose from, all live streaming straight to your home. One I'm partial to is **Lookingglass Theatre's *The Steadfast Tin Soldier***. Based on Hans Christian Andersen's story about a little tin soldier who never gives up, this production is a gorgeous spectacle of music and movement that is perfect for the whole family. Tickets are on sale at <http://www.LookingGlassTheatre.org>.



If you find yourself downtown, do not miss **Art on the Mart** this holiday season! This 25-story-tall video installation, which takes over the south side of the Merchandise Mart has returned in time for the holidays. A new 30-minute program will feature animated images from The Joffrey Ballet's *The Nutcracker* set to Tchaikovsky's festive score as well as works from the Art Institute of Chicago's "Monet and Chicago" exhibition. The performance runs nightly from November 12 through December 30 at 7:00 and 7:30 pm.

This year, instead of going to a big party to celebrate **New Year**, order some gourmet take-out and to-go-cocktails from one of the many North Shore or Chicago restaurants to make things easy and festive while supporting local businesses in the process. Who else is ready to kiss 2020 goodbye?

Wishing you happy, safe and healthy holidays and a much brighter new year! 🍷



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Local Nonprofit Donated 2,800 Thanksgiving Meals

By Chris Beer, Fundraising Chair of the Winnetka Board of the Northwestern University Settlement House

Order provides work for 15 caterer employees who otherwise have had no work due to COVID-19

Each year, on the Tuesday before Thanksgiving, the Northwestern Settlement holds its traditional Settlement Thanksgiving dinner, which serves over 400 people. This year, due to COVID, and through the help of Catering by Michaels, 2,800 Thanksgiving meals will be donated to members of the Settlement Community. Each Thanksgiving box will serve a family of four (with enough for leftovers) and include Herb Roasted Turkey Breast, Turkey Gravy, Cranberry Sauce, Corn Bread with Cranberries & Raisins, Rosemary Herb Stuffing, Traditional Mashed Potatoes and Sauteed Autumn Vegetable Medley. Every item is made from scratch in the Catering by Michaels kitchen. In total, 700 boxes will be cooked and packaged, which will feed 2,800 people.

This donation kicks off the launch of Northwestern Settlement's "Gala to Go," a fundraiser that will be held in February and coupled with boxed meals for families to enjoy at home. To support the Northwestern Settlement, text the word SETTLEMENT to 243725.

The Covid Impact:

By doing this donation, the caterer is able to provide work for an extra 15 of their employees who otherwise have had no work due to COVID-19. This donation also has a profound downstream impact on our vendors and farmers who we will order all of the ingredients from!

Fun Facts about this Order:

How many pounds of turkey?

- Each box gets 3.5 pounds of turkey so 2,450 pounds total of turkey!

How many potatoes?

- 2 pounds per box so 1400 pounds total!

How much turkey gravy?

- 16 fluid ounces per box so a total of 87.5 gallons of homemade turkey gravy!

How much Cranberry Sauce?

- 16 fluid ounces per box so a total of 87.5 gallons from scratch cranberry sauce!

How much Cornbread?

- 1 Loaf per box which are each 2.25 pounds so 1575 total pounds of homemade cornbread!

How much Rosemary Herb Stuffing?

- 2 pounds per box so 1400 pounds total of stuffing!

How much Sauteed Autumn Vegetable Medley?

- 1.5 pounds per box so 1050 pounds total! That is a lot of veggies to chop and saute!

Quote from Lisa Ware, Director of Business Development at Catering by Michaels:

"COVID-19 has destroyed our industry and continues to have a profound impact on our company. The events industry has been hit the hardest and so many of our favorite companies have already closed their doors. We have been hit hard, really hard, but there are so many people that are in need more than us. We have always been committed to giving back and knew it was more important



than ever to try and find a way to make our annual Thanksgiving donation happen this year. This donation will help so many but it will also allow us to bring back 15+ people that otherwise wouldn't have work to help us cook and pack all this food! Because of COVID-19, we needed a little help from our friends this year. In addition to the funding Catering by Michaels is providing, we wouldn't be able to do this without a very generous donation from the Winnetka Board of the Northwestern Settlement, Associated Bank, the support of the Greater Chicago Food Depository and personal donations from our loyal clients!"

About the Northwestern Settlement:

Northwestern Settlement nurtures, educates and inspires children and families across Chicago through education, social services, and the arts. The Settlement's success results from a commitment to treating every person who enters its doors with dignity and respect, while supporting them with transformational programming designed to disrupt generational poverty. The Settlement has led the way in innovating programming by offering residential science and environmental education for inner city youth, launching successful charter schools, and adding a theater so children and teens have a forum for expressing their life experiences. For more information, visit www.northwesternsettlement.org.



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OPENING DOORS TO BETTER FUTURES

Orphans of the Month

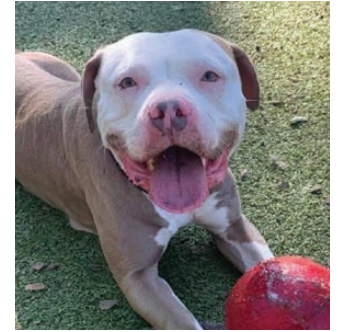
Clara

Meet Clara (9440)! Clara was rescued from the side of the road after being hit by a car. She has been saved once and would love to be saved again. She is extremely shy and needs a patient owner to live with in a calm home. She loves to be brushed and to play with the laser pointer. She has two different colored eyes making her extra unique. She's still pretty shy due to events in her past, so it might take her a little longer to break out of her shell. She loves to sunbathe and watch the birds fly by. Clara would be the perfect companion for a family with either teenagers or no children at all. Give us a call and make an appointment to come see Clara in person!



Bonnie

Meet Bonnie (11351)! She's a sweet and loving little lady who isn't actually all that little. She's almost 70 lbs! She just recently went up for adoption but before that, she was getting the best medical care possible thanks to her friends here at Orphans! Even though her health is way better than it was when she came in, she will most likely need to be on medication for her urinary health for the rest of her life. Don't worry though, she's an easy girl and she's so very worth it. She absolutely loves playing with Jolly Balls and likes tug of war. She's definitely a people kind of dog, so she needs to be the only dog in the home and the home can't have any children since kids make her uncomfortable. Give us a call and make an appointment to come see her in person. We guarantee you'll fall in love!



Orphans of the Storm is a non-profit, no-kill animal shelter located in Riverwoods, IL. Since 1928, we have worked tirelessly to rescue and rehome dogs and cats in need. The main shelter is open daily from 12 pm to 4 pm. Due to current circumstances, adoptions are by appointment only. No walk-ins are allowed and face masks are required when on the property. If you are interested in adopting or donating, please give us a call at 847-945-0235.

If you are interested in volunteering, please visit our website at orphansofthestorm.org and click the "volunteer" link in the top right corner. There, you will find our volunteer information and application. Once you have filled out an application, our volunteer coordinator will review it. Upon approval, you will begin receiving weekly emails about our volunteer opportunities coming up. Simply reply to the email, and you will receive further information for that opportunity. 🐾



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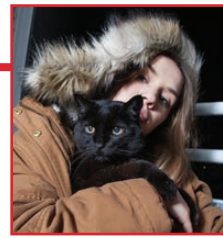



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By Paul Clements



Orphans of the Storm Starts a New Chapter in a Long "Tail" of Love

The holidays are the "purrfect" time of year for adopting a pet from Orphans of the Storm. Not only will it make you very happy, but it will also give you a new best friend for all the stay-at-home time you are experiencing.

My daughter, Veronica Clements, got her best friend Billie when she was just three years old. Billie and Veronica would be together for the next 21 years, moving seven times, so they were always together and there for each other. When they were both small children they enjoyed playing Polly Pockets together, with Billie swatting at all of the purses. As they grew up they did dance parties and naps very well. Veronica says she knew her every meow. Billie even went to college with Veronica where her birthday parties became legendary.

Sadly, Billie passed in September, just two weeks before her 22nd birthday. After a two-month period of mourning and grief,

Veronica was ready and wanted to have her next best friend when she turned 25 in November. So, she called Sam Drizner at Orphans of the Storm, filled out the online application and made an appointment for a visit. She looked at the available kittens on the Orphans website (<https://orphansofthestorm.org>) and picked out two she wanted to meet, but the first kitty came in and they immediately bonded.

The middle and upper school videography and visual arts teacher at Elgin Academy, and part-time painting teacher at The Art Center Highland Park, named her new best friend Samo, after artist Jean-Michel Basquiat, and is he ever a handsome and loving cat. He loves to be held and petting him makes him purr almost immediately. Samo and Veronica have started their journey together in an apartment in Chicago and they hope to be together until Veronica is at least 45, if not longer. 🐾

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12 NEW Businesses are Coming to Winnetka!

By Peter Hansen

The Village of Winnetka is excited to announce twelve new businesses are opening in Winnetka! Six new restaurants are among the new businesses opening including three Mexican restaurants, a coffee shop, and a café. Three restaurants are open now: Towne and Oak, and Guanajuato Mexican Restaurant and Tequila Bar are located in Hubbard Woods, and La Taquiza Mexican Restaurant is located in West Elm.

Hubbard Woods is the place to be! Six new businesses have opened in November including two restaurants, two furniture stores, an electric bicycle shop, and a women's clothing store.

Visit the Village to discover these new stores and support local businesses!

Hubbard Woods

Alchemy and Cloth, 897 Green Bay Road
 847-660-6677, www.alchemyandcloth.com
*Women's clothing boutique that offers private in-store appointments.
 Now open!*

Casa Spazio, 886 Green Bay Road
 847-386-6544, www.casaspazio.com
*Modern Italian furniture store expanded from their River
 North Design District location. Now open!*

Pedego Electric Bicycles, 894 Green Bay Road
 224-505-5923 www.pedegoelectricbikes.com/dealers/winnetka/
*Electric bicycle dealer will offer e-bikes for rent and for sale.
 Now open!*

Munder-Skiles, 911 Green Bay Road
 847-716-7345, www.munder-skiles.com
*Handmade outdoor furniture store opened their first Midwest
 location. Now open!*

Rebel House, 901 Green Bay Road
 847-716-7345, www.rebelhousedesign.com
Interior design studio. Coming soon.

Towne and Oak, 921 Green Bay Road
 224-505-5384, www.towneandoak.com
*All-day café and private event space run by chef and caterer
 Elaina Vazquez. Now open!*

Guanajuato Mexican Restaurant & Tequila Bar, 1003 Green Bay Road
*Family-owned Mexican restaurant and bar relocated to Winnetka.
 Now open!*



East Elm

Hometown Coffee & Juice, 754-59 Elm Street
847-242-0220, www.hometowncoffeejuice.com/

Restaurant offering coffee, juice, salads, and sandwiches will open their second location. Coming spring 2021.

Tacos and Tequila Cantina, 540 Lincoln Avenue
www.tacosandtequilanaples.com

Naples, FL-based Mexican restaurant will open their first Midwest location. Coming spring 2021.

Delos Therapy, 547 Lincoln Avenue
www.delostherapy.com/

Pain management center will open their first North Shore location. Coming spring 2021.

West Elm

La Taquiza Mexican Restaurant, 566 Chestnut Street,
847-386-7926

North Shore Mexican restaurant opened their third location in the Laundry Mall. Open now!

Perspective Eyes, 548 Chestnut Street
224-255-6450, www.perspective-eyes.com

Optometrist Dr. Daisy Mendez will open a medical office with retail in West Elm. Coming December 2020. 🇺🇸

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From my side of the "Kenil"...

By Rocky Flintermann, Owner, Loving Care Pet Services



Hiring a dog walker

One positive fact about Covid 19 is that it has cleared most of the animal shelters across the U.S. Even the breeders have a six-month waiting list. So, it's very likely that, (when the vaccine arrives and/or the virus goes away, the kids are back in school, and Mom and Pop head back to their places of work), you will need to hire a dog walker. Here are a few tips...

1. Hire someone local, within New Trier Township. Proximity produces punctuality.
2. Check their references and call some of their current clients.
3. Make certain that your walker has a cell phone. Rapid communication, particularly texting, is very important.
4. Regarding cell phones, tell your walker that it is forbidden to use their phone while walking your dog (unless it's an emergency; checking one's Facebook page is not an emergency). Distracted walking is as dangerous as distracted driving.
5. Your walker should always leave a handwritten note or message at the end of the walk, stating the time of the walk and your dogs' "performance".

6. Security. If no one will be home, then you must grant access to your walker either with a key (back door is best; give your walker two keys that clearly state Do Not Duplicate), garage code, or key-pad code. If using a code, make it unique to the walker. Same thing is true for an alarm code. That way, if you have to fire your walker, you merely delete their code and you don't have to change yours.
7. Your walker should have liability insurance and you should request a copy of it.
8. Equipment. You can provide the walker with a leash (NOT a retractable! Those should be banned), or the walker can use their own. A short 48" leather or nylon leash is best. The walker must clean up after your dog, or you will hear it from your neighbors! Show the walker where they should dispose of poop bags.

Lastly, what you want is trust, peace of mind, and consistency. And don't let the cost be the driver of your decision.

Hope this helps and GOOD LUCK! 🍀



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Making the Most of It

By Penelope Morelli
Junior Writer, The Joseph Sears School

Ring! Buzz! Beep! Every device in my house is going off at the same time. The school just called saying we will be going to remote learning next week. All of my group texts are blowing up: “Did someone test positive?” “What do you think happened?” “How long will this one be?” This is just another day in the life of a student during the COVID-19 Pandemic. Uncertainty seems to be the theme this year. Some of us have been fortunate to have in-person classes and have some form of normal learning. Students, whether they are going back to in-person learning or staying tied to their rooms for exhausting Zooms, have had their education impacted by the threat of the virus.

The unknown and fear of school being cancelled for the next day or the rest of the year is an unsettling feeling that most of us students have had to deal with this year. Whether you are in college, high school or elementary school, it is the new normal. If there are in-person classes, students and teachers have had to get used to wearing masks every hour of the day and staying six feet apart, hoping for a nice day to get outside for a snack and a breather break. There is now a far deeper appreciation for the joy of hearing your teacher’s voice, feeling a cool breeze on your face or just seeing a friend’s smile beyond the outline of her mask.

The energy boost of a friend’s high-five after a goal on the soccer field or a teacher’s pat on the back because you did well on a test — ALL stripped away. These are things of the past and not knowing when they will return is agonizing. Your math teacher is trying to teach the class a challenging equation, with the plexiglass on your desk only adding to the challenge. However, we are all trying our best to make this work, and it is happening. Now we have air high-fives, mask breaks and no-touch kickball that bring smiles to our faces and maybe even a little laugh. This is our new normal for returning to in-class learning and we are good with it. We are appreciative of each day. Students were truly tested during lockdown with no friends to interact with and being lucky to have a private Zoom with a teacher if you needed some extra help. This has not changed for many.

We are hopeful this will not stay like this forever. It just can’t. When this is over, that feeling of running up to a friend to give her a birthday hug or being in a huddle on the field after a big game, will be so much appreciated. The Pandemic will not win. My generation has proven our resilience much sooner than prior generations. In the midst of a horrible situation, we have been brought together and, ironically, are now a closer community because of the Pandemic. We will never take our teachers for granted as they continue to find safer ways for us to learn and, as always, stay on alert for the next ring, buzz or beep. 📞



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More Holiday Memories

By Audrey Peterson

Hello, loyal readers!

The holidays are upon us! 93.9 LITE FM blasts holiday music, Hanukkah is near, and Starbucks keeps their festive holiday cups in stock. I love the joy associated with this time of year. It's incredibly infectious. People seem to have an extra pep in their step, and holiday lights adorn the streets. This makes it so much fun to wander around the North Shore, dreaming that the holiday spirit lasted throughout the year. The holidays provide a great time to walk down memory lane, and as per tradition, the Winnetka Kenilworth Living magazine asked readers about favorite holiday memories.

First up, Winnetka resident Kate Mcdermott! Christmas holds a special place in Kate's heart, and she lights up when talking about it. "I like Christmas, and I like getting a Christmas tree with my family. I like making Christmas cookies and having holiday parties." Kate's life revolves around family, with the holiday season a particular highlight.

Continuing with the familial theme, Ellen Holthaus, beloved owner of the Winnetka shop Ellen's on Elm, reminisces on a treasured holiday memory she experienced with her sisters. "We listened for Santa's sleigh, we looked up in the sky. And then when we got back from our walk, Santa had come, he came out Christmas Eve. So we saw him come in, and when we got home he'd already come.

The North Shore offers a plethora of holiday gatherings and events. One in particular, occurred in 2016, and it will forever stick out in Book Stall staff member Jon Grand's mind. "In Winnetka, my favorite memory was about four years ago when we had the Grinch come out



Photos courtesy of Jon Grand

to the lighting of the Christmas tree. He snuck out there and stole an ornament right as they lit the tree up. It was the Grinch stealing Christmas. It was just a hoot! He had a convertible, and he stole the ornament. All the kids were just screaming and chasing him! They followed him back to the store (the Book Stall) where we read the story of the Grinch and then he was forced to give the ornament back to the Village President and say that he was sorry. But it was so much fun, and it was such a surprise to everybody."

Come December each year, Hanukkah traditions take center stage in Emma Wise's Winnetka home. Emma and I met junior year at New Trier High School. She fondly reminisces on her memories of Hanukkah. "We'll light the menorah and play spin the dreidel and exchange gifts. It's always fun, and we'll eat some potato pancakes." Potato pancakes sound amazing - Emma, when can I stop by?!

Then there's my home, and my memory deals with a special Christmas meal that my family likes to indulge in. In my Dad's Scandinavian family, for many decades, the making and eating of Swedish meatballs carries on to this day, using our ancestors' recipe. We will usually make them either for Christmas Eve or Christmas Day dinner. The best part? The meatballs are usually served on a bed of pasta. Christmas music completes the meal. Then it's off to bed so we can wake up the next morning and open presents!

Have a wonderful holiday season, and be on the lookout for more articles in 2021. If you have suggestions for content, feel free to reach out to me at audreyleapeterson@gmail.com. I am open to any ideas. Thank you so much for your readership! 🍷



Photo courtesy of Kate Mcdermott

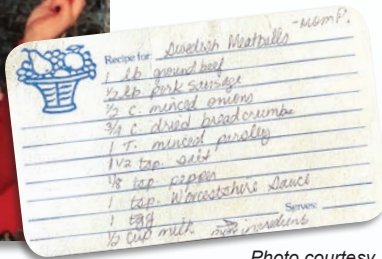


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